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When dignity isn't an option
Vancouver man teaching in Malaysia says ex-girlfriend's cybersmear campaign is hurting his career prospects **PAGE 6**

GET INTO GWYNETH'S PANTRIES
NO COFFEE. NO BREAD. NO FUN? IT'S ALL GOOD, SAYS PALTROW IN HER NEW COOKBOOK **PAGE 13**

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Hospitals offer drop-offs for newborn babies

Angel Cradles. New facilities in place at Grey Nuns and Misericordia hospitals

Two Edmonton hospitals are hoping drop-off windows for newborn babies will ensure desperate parents don't make more tragic choices.

The new Angel Cradles were opened outside the Misericordia and Grey Nuns hospitals and allow parents to anonymously leave newborns in a safe place.

Dr. Irene Colliton, a physician who helped develop the cradles, said she hopes they are never used, but she wants them there just in case.

"I would hope that cultural and community forces would be so strongly mobilized that

Safe haven

Edmonton is only the second city in Canada to have baby safe havens. Vancouver's St Paul's Hospital opened one in May 2010 and has so far seen only one drop-off.

every woman would receive prenatal care," she said.

Colliton said women should look for help wherever they can get it.

"With our strongest voice possible, we are encouraging women who are pregnant to seek a caregiver," she said.

The cradles consist of small doors on the outside of both hospitals, which open up on a bassinet. A parent can leave the child in the bassinet, and an alarm sounds at the nurs-

ing station that will be responded to within 45 seconds.

The cradles have no surveillance equipment and are located in isolated areas of both hospitals to assure parents can leave the children anonymously.

If parents regret their decisions after leaving the child they can contact social services.

The Edmonton Police have agreed not to investigate when children are left behind, unless the child has been harmed.

Gordon Self, vice-president of Mission, Ethics and Spirituality with Covenant Health, said he was initially skeptical, but clinicians and other hospital workers all saw the benefit.

"I quickly laid that to rest when I saw unanimous support," he said.

RYAN TUMILTY/METRO



NEXT STOP: CALGARY

Spencer West, centre, flanked by his best friends David Johnson, left, and Alex Meers, set off from Johnny Bright School on their 300-kilometre journey to Calgary to raise money and awareness to bring clean water to the world's most disadvantaged kids. See page 5 for story. PATRICK NGUYEN/FOR METRO

What does your freedom look like?
Turn to page 6



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Downtown renewal. Arena 'a great public investment,' group says

Leaders from Edmonton's business community stood shoulder-to-shoulder with other downtown boosters Monday to implore city councillors, the provincial government and the Katz Group to finalize a proposal to build the downtown arena.

The new group, calling itself the Downtown Vibrancy Coalition, argued the arena debate has lost sight of the \$3 billion in private development that could come with a revitalized downtown.

"This is about a lot more than Daryl Katz; it's about a lot more than the Oilers. This is about what kind of downtown we want to have and what kind of city we aspire to have," said Simon O'Byrne, a spokesperson for the group, during a news conference Monday at the Art Gallery of Alberta.

Ian O'Donnell, with the Downtown Community, said the arena has to be considered as a public investment that will play long-term dividends to the city.

"We have to look at this as a great public investment; yes the Oilers play there, but there are going to be concert nights and other events."

The group offered no specific recommendations for how to fund the missing \$55 million needed for the project, but asked people to visit yegdt.ca to voice their support for finishing the project.

Councillors will debate a suggestion from administration Wednesday that the city simply go ahead with the \$480-million project and find the missing funding later. **RYAN TUMILTY/METRO**

U of A. Tiff over changes to residences resolved

Nearly a year after controversial changes were announced for a University of Alberta residence, a resolution has been agreed upon to better settle future disputes between the university and its Students' Union.

Last July, among other changes, the U of A declared there would be no alcohol outside private spaces starting last fall at Lister Centre, and that three of four towers would be primarily for first-year students starting this fall.

The SU fought back, mainly due to what they said was lack of consultation.

But the resolution announced Monday doesn't change any rules, instead it is a framework agreement that enhances communication, consultation and more going forward.

"We're not reversing the changes, but ... as we go forward almost immediately there will be a lot more opportunities for students to provide us with information that will help us to steer some of the directions that we're taking," said acting provost and vice-president (academic) Martin Ferguson-Pell.

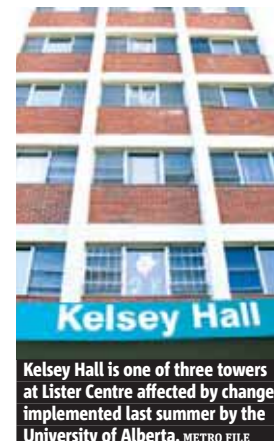
New SU president Pet-

ros Kusmu said there hasn't been an overall consensus from students on the changes, but the SU is "positively and absolutely" happy their voices will be more easily heard and consultation more thorough.

HEATHER MCINTYRE/METRO

Online

For more on this story, visit metronews.ca



Kelsey Hall is one of three towers at Lister Centre affected by changes implemented last summer by the University of Alberta. **METRO FILE**

Province expands dual-credit program

Hands-on learning. Strategy allows high school students to earn high school and post-secondary credits for the same course

Funding commitment

\$11M

The amount the government will invest in the Provincial Dual Credit Strategy over three years.

Grade 12 student Mikhaila Currie has earned both high school and post-secondary credits for the same welding courses, thanks to a dual credit program.

An \$11 million investment into the Provincial Dual Credit Strategy, announced by Premier Alison Redford on Monday, means more students will be able to follow in Currie's footsteps.

After touring the welding facility at St. Joseph's High School with three ministers, Redford said the expansion and further development of the dual credit program will ensure students who know what they want to do can start on that path before they finish high school.

"We know that there are

people in high schools right now who perhaps don't want to be doctors, lawyers and teachers," she said. "They know they want to be welders or they know they want to be electricians. Perhaps interior designers."

The existing dual credit program includes courses in areas such as culinary arts, pre-engineering, health sciences and welding.

Education Minister Jeff Johnson said the program blurs the lines between Kindergarten to Grade 12 education and post-secondary schools.

Currie praised the dual credit program with helping her find her passion for welding.

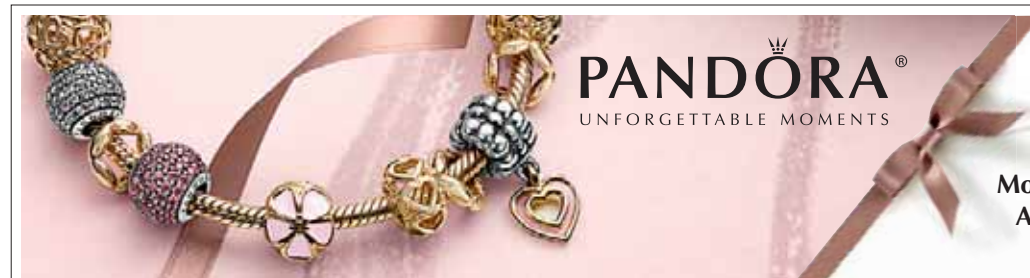
"This dual credit opportunity ... is amazing," she said.

ANNALISE KLINGBEIL/METRO



St. Joseph High School student Mikhaila Currie shows Premier Alison Redford how to punch letters onto a piece of metal in the school's welding shop on Monday morning. **ANNALISE KLINGBEIL/METRO**

1 NEWS



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LRT. Cops investigate suspicious death after collision with train

Edmonton police are investigating the death of a man on the LRT tracks.

In a release issued Monday, police said downtown officers responded to a call about a pedestrian hit by a southbound train just after 5 a.m. on the tracks between Coliseum and Belvedere stations.

Police said it is unclear if the man was dead prior to the collision or as a result of the impact, and therefore

Service

The incident affected LRT travel, but service resumed travelling north and south of the location mid-morning.

the death is being treated as suspicious.

There were no passengers aboard the train and it stopped as soon as possible, police said. **METRO**

Head injury

Cyclist dies from injuries after collision with truck last week

A 56-year-old man who was hit by a pick-up truck while riding his bike in west Edmonton last week has died.

Police said Monday afternoon that the man died late Sunday.

The incident occurred at 7:30 a.m. on May 3, when a GMC Sierra pick-up turning northbound off 107 Avenue hit the cyclist in the marked crosswalk at 127 Street.

According to police, the man struck his head on the ground and was not wearing a helmet. **METRO**

Waterpark documentary makes a pretty big splash

West Edmonton Mall.

After film festivals overseas, Waterpark became available in full online last month



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

When Evan Prosofsky worked at a retail store at West Edmonton Mall a few years ago, he had a view of the waterpark, where he would also spend breaks and eat lunch.

Now an accomplished cinematographer, 23-year-

Exclusively online

To watch Waterpark, visit metronews.ca.



In this still taken from the Waterpark documentary about the West Edmonton Mall World Waterpark, the wave pool and multiple slides can be seen. SCREEN GRAB

old Prosofsky was looking for somewhere to start at the time and began work on a documentary about the waterpark.

"I just wanted to make a portrait of the mall and I found the waterpark to be ... the most beautiful microcosm inside this place," he said.

After three years of work, Waterpark premiered at the Copenhagen International Documentary Festival last winter and was shown at other festivals in Europe.

After that, the 16-minute film was posted online in full. The doc caught the eye of someone at Nowness, a

This doc's for you

"I made it thinking of Alberta, Edmontonians and people that have actually been to the mall. And I'd love for them to see it."

Waterpark director Evan Prosofsky

website devoted to curating and promoting online content. Prosofsky was asked by the site to use Waterpark to launch their Sunday Shorts series on April 14.

"I'm really flattered that it's online and lots of people are seeing it; that's great," said Prosofsky, who now calls Montreal home.

"I just want more people to see it, specifically more people in Edmonton."

Prosofsky hopes to screen the film in more festivals — perhaps more locally — this year.

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Spencer West, centre, joined by best friends David Johnson and Alex Meers, gets ready to begin the walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Legless man begins his 300-km odyssey

We Walk 4Water. Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
edmonton@metronews.ca

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk

4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both his legs to a genetic disorder. Doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it has led to one of his main messages.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

West will be making the 300-kilometre walk on his hands and in his wheelchair

with best friends David Johnson and Alex Meers. He'll also be joined by singer Nelly Furtado, Free The Children co-founder Craig Kielburger, and Aislinn Paul and Munro Chambers of Degrassi.

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca



Budget shared

University to count coin, not sheep

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep after recent cutbacks.

According to Mary Buhr, dean of the College of Agriculture and Bioresearches, it costs the U of S roughly \$100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

MORGAN MODJESKI/
METRO IN SASKATOON

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans' Affairs Minister Steven Blaney

City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec

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Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government mon-

itoring and warnings about overconsumption of caffeine. A few years ago, three former employees of PepsiCo Canada and Kraft Canada

took note of



TORSTAR NEWS SERVICES

growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics. "We want-

ed to create a product that

tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

TORSTAR NEWS SERVICE

Ex's e-lies killed my rep: Teacher



Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

Cybersmear. Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — includ-

ing coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingspychos.com, calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of \$66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. **KATE WEBB/METRO IN VANCOUVER**

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Utah

DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

THE ASSOCIATED PRESS

First-degree murder

Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention.

THE ASSOCIATED PRESS

Kremlin protest floods Moscow

Moscow. Thousands support jailed comrades, who face multi-year prison sentences for role in last year's protests

Around 20,000 Russian opposition supporters gathered for a protest on Monday, venting anger against the Kremlin and

demanding the release of political prisoners.

Exactly a year ago, a protest on the same square the day before President Vladimir Putin's third presidential inauguration ended in violent clashes between demonstrators and police.

Participants in Monday's rally, which went peacefully amid heavy police cordons, urged the authorities to free

more than two dozen people facing criminal charges over their involvement in the protest a year ago.

Since Putin returned to the presidency, authorities have initiated criminal proceedings against opposition activists and the Kremlin-controlled parliament has quickly approved a series of repressive bills that sharply hiked fines for participation in unauthorized rallies

and imposed new tough restrictions on civil society activists.

Alexei Navalny, an opposition leader who is facing a trial on embezzlement charges he said were fabricated on Putin's orders, urged the demonstrators Monday to "throw (Putin) out of the Kremlin."

He ended his speech with a chant "Russia will be free!" that was repeated by the crowd.

THE ASSOCIATED PRESS



Russian police officers detain an unidentified man during a protest rally in Bolotnaya Square in Moscow on Monday. Up to 20,000 Russian opposition supporters gathered for the protest. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Prehistoric justice. Stolen Tyrannosaurus skeleton returned to Mongolia

U.S. authorities in New York are returning a 70-million-year-old Tyrannosaurus skeleton to the Mongolian government this week.

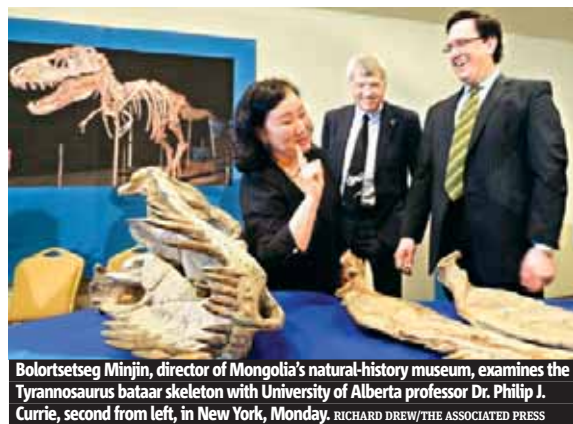
The artifact will be flown to its native land free of charge via Korean Air. U.S. and Mongolian officials said Monday while announcing the repatriation of the priceless artifact.

"We are very pleased to have played a pivotal role in returning Mongolia's million-dollar baby," U.S. Attorney Preet Bharara said. "Of course, that million-dollar price tag, as

high as it is, doesn't begin to describe the true value of an ancient artifact that is part of the fabric of a country's natural history and cultural heritage."

The skeleton had been looted from Mongolia's Gobi Desert and illegally smuggled into the U.S. by fossils dealer Eric Prokopi, authorities said. Prokopi, who bought and sold whole and partial dinosaur skeletons out of his Florida home, illegally imported the bones into the U.S. then assembled them into a skeleton, authorities said.

THE ASSOCIATED PRESS



Bolortsetseg Minjin, director of Mongolia's natural-history museum, examines the Tyrannosaurus bataar skeleton with University of Alberta professor Dr. Philip J. Currie, second from left, in New York, Monday. RICHARD DREW/THE ASSOCIATED PRESS

Alleged hit-and-run

U.S. bishop arrested on drunk-driving charges

The leader of a Roman Catholic Diocese was arrested over the weekend on a drunken-driving charge after an alleged hit-and-run accident.

Worcester, Mass., Bishop Robert McManus, 61, was arrested Saturday night in the neighbouring state of Rhode Island.

After the accident, the driver of the other vehicle



Bishop Robert J. McManus
THE ASSOCIATED PRESS

followed McManus and called police, who arrested McManus at his nearby vacation home, police said. In a statement Monday, McManus said he "made a terrible error in judgment" by driving after drinking wine at dinner.

THE ASSOCIATED PRESS

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Cyber-attacks. Pentagon points finger at Beijing

The Pentagon for the first time used its annual report on China to directly assert that Beijing's government and military have conducted computer-based attacks against the U.S., including efforts to steal information from federal agencies.

In a new report on the Chinese military, the U.S. Defence Department goes a small step further than it

Secret unit

In February, U.S.-based cyber-security firm Mandiant issued a report accusing a secret Chinese military unit in Shanghai of cyber-attacks against more than 140 companies, most of them American.

has gone in the past, when

it said that cyber-attacks originated in China and may be linked to Beijing's use of civilian experts in clandestine attacks against American companies. But over the past year, U.S. government officials and private cyber-security experts have increasingly stepped up accusations that the Chinese government is directly involved in cyber espionage

against the U.S.

The Pentagon report, released Monday, said China is using its cyber capabilities to collect intelligence against U.S. diplomatic, economic and defence programs.

And the report warned that the computer skills needed for such espionage is similar to those needed to conduct cyber-warfare.

THE ASSOCIATED PRESS



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Pakistani children watch a soldier standing guard at an entrance of a compound where an election rally is to be held in Quetta, Pakistan. Graffiti on walls around this Pakistani provincial capital warn that "voting means death" in this weekend's elections. ARSHAD BUTT/THE ASSOCIATED PRESS

Separatists using violence to derail Pakistan vote

Restive Baluchistan.

Insurgents target fellow Baluchs seen as traitors for agreeing to participate in the vote

The graffiti on walls around the Pakistani provincial capital of Quetta hold a dire warning ahead of this weekend's national elections: "Voting means death."

It's a very real threat. Over recent weeks at least six people have been killed and around 40 wounded in bombings and grenade attacks targeting candidates.

Ethnic Baluch separatists who have waged a bloody insurgency trying to win independence for the vast, sparsely populated province of Baluchistan are seeking to derail the vote with a campaign of violence. Saturday's election has thrown into sharp relief a question that has divided the country's Ba-

luch ethnic minority: Can the community win their rights at the ballot box or is the only solution a violent campaign to break away from Pakistan?

Meanwhile, a bomb blast tore through a political rally held by an Islamist party in northwest Pakistan Monday in an attack claimed by the Pakistani Taliban that killed 16 people and underscored an increase in violence ahead of the May 11 vote.

The explosion, at a rally held in the village of Sewak in the northwest Kurram tribal area, was the latest attack on candidates, political offices and election-related events as the vote approaches. Much of the violence is believed to have been carried out by the Taliban against three liberal and secular parties. But Monday's blast targeted a gathering of the Jamiat Ulema-e-Islam party, which generally has a more favourable relationship with the militant group.

THE ASSOCIATED PRESS

Bangladesh building

Owner could face murder charges

Bangladeshi police are investigating possible murder charges against Mohammed Soheli Rana, the owner of a shoddily built building that collapsed nearly two weeks ago, after the wife of a gar-

ment worker crushed in the accident filed a complaint.

Officials said Monday the death toll had reached 645.

Officials say Rana illegally added three floors and allowed factories to install generators, vibrations from which are thought to have contributed to the collapse.

THE ASSOCIATED PRESS

Dubious products

Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release Poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green Bean Casserole, Pear Tree and Candy Cane.

"With a nice balance of rich, savory gravy over a starchy potato base, and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," said Andrew Baumann, Jones Soda's marketing & social media manager, in a release. **TORSTAR NEWS SERVICE**

E-tailing

U.S. bill may end tax-free online shopping

The days of tax-free shopping on the web may soon end for many U.S. consumers. The Senate passed a bill Monday that would empower states to collect sales taxes for purchases made over the Internet.

Under current law, states can only require retailers to collect sales taxes if the store has a physical presence in the state. That means big retailers with stores all over the country like Wal-Mart, Best Buy and Target collect sales taxes when they sell goods over the Internet. But online retailers like eBay and Amazon don't have to collect sales taxes, except in states where they have offices or distribution centres. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
99.32¢ (+0.09¢)

TSX
12,453.92 (+15.89)

OIL
\$96.16 US (+55¢)

GOLD
\$1,468 US (+\$3.80)

Natural gas: \$4.03 US (-1¢)
Dow Jones: 14,968.89 (-5.07)



No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. **WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS**

Commuting. N.Y.C. jumps on bike-sharing bandwagon

New York City, with its constant hum of subways, buses, cabs and ferries, has long had one glaring exception to its many transportation options: bicycles for the masses.

But bike sharing is finally coming to the Big Apple, which could help the city overcome its reputation as a commuter obstacle course of speeding cabbies, horn-honking drivers and sharp-elbowed pedestrians who treat crossing signals as a mere suggestion.

City officials say the U.S.'s largest bike-sharing system will begin sometime this month with 6,000 bikes at 330 stations in Manhattan and parts of Brooklyn, with plans to expand eventually to 10,000 bikes and 600 docking stations in Manhattan, Brooklyn and Queens.

"When you talk about scale, no other U.S. city comes close," says Jon Orcutt, policy director at the city's Department of Transportation, which is overseeing the launch of the program.

Officials hope the privately funded bike-sharing program, dubbed Citi Bike after a \$41-million US sponsorship from Citibank and an additional \$6.5 million from MasterCard, will add riders to the more than 1,130 kilometres of bike lanes throughout New York and will



In this photo taken last week, a cyclist pulls into a docking rack that's part of a new bike-sharing program in New York City. **THE ASSOCIATED PRESS**

By the numbers

534

As of last month, there were a total of 534 bike-sharing programs worldwide, according to Russell Meddin, a Philadelphia-based bike-sharing advocate who tracks and maps the programs.

be used by one-way commuters and round-trip tourists alike.

Thousands of people already have signed up as Citi Bike founding members, paying the \$95 US annual fee for unlimited rides of 45 minutes. **THE CANADIAN PRESS**

App to help vets cope with PTSD

Mental Health Week.

Mobile tool gives users details on symptoms, support, coping skills

The rollout of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in



Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. **THE CANADIAN PRESS**

Quoted

"Post-traumatic stress disorder is one of the most treatable mental-health conditions."

Ryerson University Prof. Candice Monson, who will lead a research project aimed at training clinicians to help those with PTSD

support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life.

Blaney also announced the government would kick in almost \$376,000 for a two-year study involving 140 clinicians. The Ryerson University research will look at how effectively clinicians are using cognitive-processing therapy to treat adults with post-traumatic stress disorder. **THE CANADIAN PRESS**

Adopt a Block

And help keep Edmonton litter free

Call your friends. Call your neighbours. Now is the time to adopt a block in your neighbourhood or business area and team up to clean up. Become a **Capital City Clean Up Adopt-a-Block volunteer** and help make Edmonton shine.

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Founding Partner

DON'T ASK ME TO PAY FOR YOUR WEDDING

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting



SHE SAYS

Jessica Napier

metronews.ca

together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowd-funding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Brood II: 17 years in the making



Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

UNIVERSITY OF CONNECTICUT, CHRIS SIMON/THE ASSOCIATED PRESS

Click bait



HANNAH ZITNER

hannah.zitner@metronews.ca

With marathon season now in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.



Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from

ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and workouts. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?

@Kyle_Lesponts:
#youppi #habssuck

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita MacNeil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@kingperry
Conan O'Brien suits this role nicely.

@marcusarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.



WE WANT TO HEAR FROM YOU:
Send us your comments: edmontonletters@metronews.ca

DVD reviews



Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd.

Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongos — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious finger-fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint? I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from



Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic? I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music? I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces? Yeah, it's picking up. It's

cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?

I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?

I was but not super though. My parents would never let me have a console — which

was great, to be honest.

You were more into the techy side of computers?

I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?

Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?

Oooh, the only thing that people steal are my drumsticks but I do throw them at the end of the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?

I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?

I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

2 SCENE



Natalie

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Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the

24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



The Word

Rage against the dying of the light — or just pick Bieber



THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The

executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current line-up of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

Twitter



@PerezHilton

Frozen yogurt is like crack, but at least it won't land you in rehab or jail! Eat it up! #Perezism



@RainnWilson

I wanna be the CEO of something. Can you make me the CEO of something? Like a company or something?



@NICKIMINAJ

I never understand how people cold spray just a few squirts. I spray at least 50 every time. LMFAO. It just makes me so happy.



@ddlovato

Almost didn't make it through airport security!! I look SO different from my driver's license!! Hahaha #blondehairdontcare



@TheEllenShow

Congratulations, Keira Knightley, on your wedding! May you celebrate your love daily, and Knightley.



Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans

got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

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Radio DJ Mister Cee busted for prostitution

One of Hot 97's most popular DJs — Mister Cee — is having a rough few days.

On Thursday night, the DJ, who also produced the Notorious B.I.G.'s Ready to Die, was arrested after he propositioned a male prostitute in

Brooklyn. Unluckily for Cee, that prostitute was actually an undercover cop. But now Cee is saying that the press (and the cops) have it all wrong.

"It was a sting operation," he told Hot 97 program director Ebro Darden on Monday.



Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, *It's All Good*, may be overwhelming, but the recipes are irresistible

ROMINA
MCGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook *It's All Good* — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen *Iron Man 3*?

She looks amazing, even when the girl is literally on fire.



Looking good and feeling good. HANDOUT

Recipe. Quinoa's not just for dinner anymore — add an egg and call it breakfast



Cooked quinoa is a great, useful staple to have on hand at all times, especially in the morning.

1 Heat the oil and garlic over medium heat in a small skillet until the garlic begins to soften, just 1 minute.

2 Add the shredded kale and cook, stirring now and then, until the kale is wilted, two to three minutes.

3 Add the quinoa and cook, stirring until warmed through, another two minutes. Season the mixture to taste with salt and pepper.

Serves 1

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, finely minced
- 2 large leaves of kale (stems discarded), finely shredded
- Half cup perfectly cooked quinoa
- Coarse sea salt
- Freshly ground black pepper
- A poached egg or olive oil fried egg
- 1 scallion, white and light green parts only, very finely sliced

4 Place the mixture in a shallow bowl or on a plate, top with the egg, and sprinkle with the scallions.

5 Add a final grind of black pepper if you like.

From the foreword



Does this actually work?

DR. HABIB
SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for *It's All Good*, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. The body's two main functions are to build and heal, but it can't do both at the same time. Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hypernutrition, supplementation and digestive rest. It's medicinal. Once you've gotten well, it's time to switch back to a building diet so your body can repair its tissues and return your vitality."

Top 5

Dr. Sadeghi's top 5 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Berries of any kind: "They're packed with antioxidants. Unfortunately, berries are some of the most heavily sprayed crops, particularly strawberries, so only buy organic."

5 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins and iron."

Afternoon snack: A handful of raw almonds



3
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Biggest Losers get their rears in gear

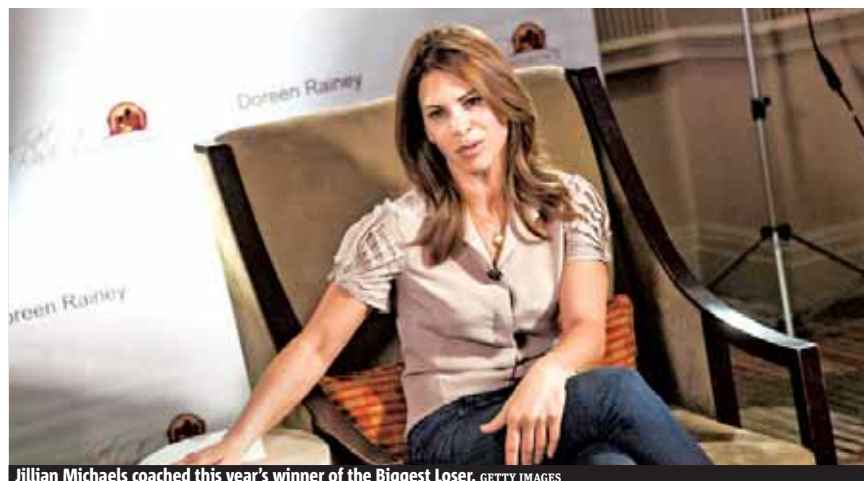
Fitness. Jillian Michaels, the Reality television star, says she has “off” days, just like the rest of us

LAURA GOLDMAN
Metro World News

Jillian Michaels, the bombastic personal trainer on the reality series *The Biggest Loser*, is in the midst of a 34-city Maximize Your Life speaking tour. She coached this season's winner, Danni Allen, who lost an astonishing 121 pounds (or 47 per cent of her body weight). Before her appearance in Philadelphia, Michaels answered a few questions for us.

What is the primary reason you have gone on the road, and what can people expect?

I have gone out on tour to talk with people — share their space, energy, thoughts and feelings so I have a direct



Jillian Michaels coached this year's winner of the *Biggest Loser*. GETTY IMAGES

connection with the audience. I absolutely love this medium and have found it's the absolute best for providing life changing information and inspiration.

Will you be using your signature tough-love approach with your audience?

On *The Biggest Loser*, I have to be tough; it's a job that

involves a life-or-death intervention on a time frame. In all other aspects of my business, like books, podcasts, DVDs and this tour, it's about providing information and inspiration.

Do you ever feel unmotivated?

Sure, I absolutely have “off” days, but I follow the very

same steps I am going to teach people during my Maximize Your Life show to stay on track.

What is your favourite exercise and food?

I love parkour and MMA training. I enjoy all kinds of foods in moderation as long as they are as chemical-free as possible.

Keep going

Jillian Michaels' tips for staying motivated are simple. “(I) help people identify the ways in which and reasons why they sell themselves short and hold themselves back. Then I give them the tools and information to attack their inhibitions and unleash their potential so they can blast through obstacles.”

- **Identify your “why.”** If you have a strong vision of the ways in which your life will improve by staying healthy and following your goals and dreams, you can tolerate anything to get there.
- **Set yourself up for success.** Remove temptation and surround yourself with positive imagery that incentivizes you to continue pursuing your dreams.
- **Manage stress.** Instead of managing stress and sad

feelings destructively with food, alcohol or compulsive overspending, nurture yourself in ways that are life-affirming. Get a manicure/pedicure. Take a bubble bath. Give yourself a facial. Engage in hobbies you love.

- **Build support.** This is so critical. We spend most of our waking hours with others. The stronger your support system, the better set up for success you are.
- **Think it through.** When you are about to make a bad choice, stop and think through the consequences of your actions. While ordering a pizza or telling your boss to get lost might sound good in the moment, the lasting ramifications are extremely detrimental and, when thoroughly thought through, help you make better choices.

Do you have psoriasis?

Psoriasis is a life-long skin disease with no known cure. It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

Stratica Medical is conducting a research study of an investigational medication for psoriasis.

If you or someone you know is at least 18 years of age who has psoriasis, please contact:

Dr. Norman Wasel & Dr. Perry Grewal
STRATICA MEDICAL
780-497-7652



Best Health

Three delicious ways to boost your eyesight



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

May is Vision Health Month in Canada.

Stock up on these foods to help keep your eyes healthy.

Keep eating them all throughout the year to maintain that boost.

1. Citrus fruit.

It's full of vitamin C, a powerful antioxidant that inhibits damage to the body caused by free radicals.

Recent research has shown that the retinas of our eyes require vitamin C in order for their

nerve cells to function properly and to maintain better eyesight.

2. Leafy greens.

Spinach, kale and other greens are a good source of lutein and zeaxanthin, which help retina cells ward off free radicals and reduce the risk of macular degeneration.

3. Sweet potatoes and carrots.

Foods high in beta-carotene can help protect eyes. In the body, beta carotene is converted to vitamin A, and in the retina it converts to a protein essential for perception of light.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.



She survived six rounds of chemo; bring on the mountain

Breast cancer. Survivor preparing to climb Mount Kilimanjaro, blog about it and raise money for The Hope Trek

Are you ready for the adventure of a lifetime? Join the Hope Trek to the summit of Mount Kilimanjaro and support a future without breast cancer.

This incredible 11-day journey begins on Sept. 26 and ends on Oct. 6 — the same day as the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The footage of the Hope Trekkers reaching the summit of Kilimanjaro will be broadcast at every opening ceremony for the CIBC Run for the Cure, which is being staged at 68 sites across Canada. The Hope Trek is organized by Charity Challenge,



Help others overcome breast cancer by supporting the Hope Trek up Mount Kilimanjaro. HANDOUT

the world's leading fundraising challenge operator. They have helped to raise more than \$50 million for more than 1,400 registered charities.

Jodi Brown, who shared her story about winning her breast cancer battle in Metro last October, is joining the Hope Trek, and she'll be writing about her experience and the experience of her fellow trekkers for Metro.ca.

"I'm climbing Mount Kilimanjaro (in Tanzania! in Africa! — yes I had to Google it) for two reasons," says Brown. "One, I'm a breast cancer survivor. And two, the thought of climbing it intimidates the crap out of me. Recently, I've decided that if something really scares you, you should probably do it. I made it through six rounds of chemo and a double mastectomy. Bring on the enormous, huge,

Have Hope

The details on Hope Trek

- **Who?** Maximum of 28 people per trip
- **What?** 11-day trek to Mt. Kilimanjaro summit through the Lemosho route.
- **Where?** Mt. Kilimanjaro in Tanzania, Africa.
- **Why?** To raise money for the Canadian Breast Cancer Foundation

giant, mountain!"

If you're ready for the challenge, you can register at charitychallenge.ca. Book before May 28, type in the promo code METRO and you'll receive \$100 off your deposit. Numbers are limited and places are allocated on a first come, first served basis.

METRO

Advertisement

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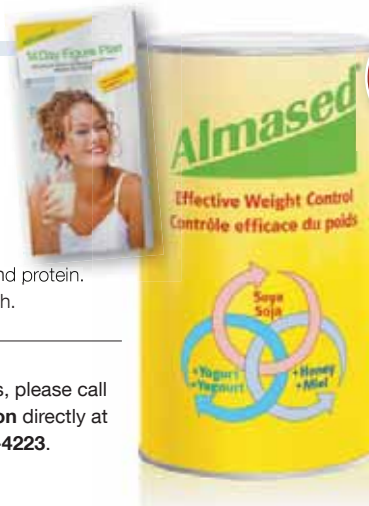
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carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

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The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles



You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.

4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.

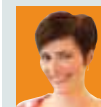
Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
 7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.
- YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Health Solutions

Get a little okra into your life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet

of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM



Dinner. Bow-Tie Pasta with Chicken, Olives and Sausage

Ingredients

- 12 oz bow-tie pasta
- 1 tsp vegetable oil
- 1 tsp crushed garlic
- 8 oz spicy sausage, skin removed and chopped
- 1/3 cup sliced black olives
- 1/8 tsp red pepper flakes
- 2 cups chicken or beef stock
- 2 1/2 tbsp all-purpose flour
- 1 1/2 cups thinly sliced roasted or grilled chicken
- parsley

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in a bowl.
2. In a large, non-stick skillet, heat oil and sauté garlic and sausage for 5 minutes, or until sausage is no longer pink. Add olives and red pepper flakes.
3. Meanwhile, in a small bowl,

combine stock and flour until smooth. Add to sausage mixture and simmer until just slightly thickened, approximately 4 minutes, stirring constantly. Add chicken and cook for 1 minute. Pour over pasta. Sprinkle with parsley and toss.

ROSE REISMAN, AUTHOR OF ROSE REISMAN BRINGS HOME LIGHT PASTA

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The Spark: Defying the experts on autism

Nurturing Genius.

Book details how a mother took son out of special education to work with him herself

RITA
POLIAKOV
rita.poliakov@metronews.ca

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of *The Spark: A Mother's Story of Nurturing Genius* (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate



Kristine Barnett with son Jacob. DREW ENDICOTT

to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob

out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to

teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write *The Spark*.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their

child's instincts," she said.

Writing *The Spark* wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive

To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote *The Autistic Brain: Thinking Across the Spectrum*, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.

through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.



Did you get the memo? Annoying colleagues can drive you nuts. ISTOCK IMAGES

Study: The annoying things people do in the workplace

Using jargon phrases such as "think outside the box" and "touch base" will make you an unpopular colleague, and can destroy workplace morale, according to a new study of the worst office habits from Britain's Institute of Leadership and Management (ILM).

Around 64 per cent of those surveyed complained of "management speak" in the workplace. Colleagues arriving late to meetings upset 65 per cent of respondents, while 60 per cent had a problem with gossip. Clothing choices and refusal to make tea or coffee were also common reasons for irritation.

The study urged management to proactively address such problems, which although seemingly trivial, can escalate into serious issues.

"People treat these as

minor irritations but there is a cumulative effect," David Pardey, ILM's Head of Research & Policy, told Metro. "If no one takes action, it communicates a lack of care or respect that can lead to departures, or in the case of gossiping, legal issues such as bullying cases."

Managers must address such problems, Pardey added. "The first time one of these issues arises, the manager is not responsible. The 10th time it is squarely on them."

Workplace irritations are widely blamed on long hours, but Jonny Gifford, research adviser at the Chartered Institute of Personnel and Development, disagrees. "Job satisfaction has increased during the recession, despite the fact we are working harder. This is due to a rise in worker

Tips to be a model colleague

- 1 Treat people well, and with good manners.
- 2 Be on time for meetings — lateness is disrespectful.
- 3 Avoid "management speak" — it alienates and confuses people.
- 4 Think about the best mode of communication. Face-to-face is often better than email.
- 5 Consider how noise you make affects colleagues.

influence, involvement in decision-making, and a more open culture."

KIERON MONKS/METRO WORLD NEWS

POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced



DIGITAL VISION/THINKSTOCK

by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and

other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

— Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and

community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources

and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.



JUPITERIMAGES/CREATAS/THINKSTOCK

Why is your
mental health
so important?

Mental health is an essential
part of your overall health.
Mental health is more
than just the absence
of mental illness.
It's a state of well-being.



CMHA's 62nd ANNUAL
MENTAL HEALTH
WEEK 2013

It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For more information on how to maintain your mental health, to find Mental Health Week events in your community or to donate to CMHA, go to mentalhealthweek.ca.

Mental health tips

What you can do for your mental health:

Enjoy life.

Eat well and
keep active.

Talk about it.

Be kind to yourself.
Take time to relax.

Ask for help —
when you
need it.

Practice positive self-talk.



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

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NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick.

You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association (CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day

HOW CAN YOU HELP?

Employers and co-workers can help create a mentally healthy workplace in these ways:

- Listen, engage in discussion and be supportive.
- Pay attention to your own mental health and well-being.
- Support a colleague who is living with a mental health condition or illness.
- Engage your work peers to challenge the negative stereotypes and attitudes that exist around mental illness.

@ Work on June 6, which wraps up the month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to



BRAND X PICTURES/THINKSTOCK

employers can be avoided.

This is an opportunity to be known as a forward-thinking organization that supports mentally healthy workplaces, not to mention reaping the longer-term rewards of improved employee well-being, productivity and lower disability claims.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual

Bottom Line Conference.

"We want employers to step up and help us reach as many Canadians as possible," says Peter Coleridge, the national CEO of the CMHA. "You'll be investing in improved mental health in your workplaces, which positively impacts overall employee health and productivity."

For more about mental health in the workplace, visit notmyselftoday.ca/home.

— Jane Doucet

Mental Health Break Chokka Center Lecture Series

WHAT YOU NEED TO KNOW:

Free Information Sessions at the Chokka Center for Integrative Health: #201, 2603 Hewes Way NW

THE LATEST RESEARCH INTO DEPRESSION AND ANXIETY, AND WHAT IT MEANS TO YOU

Tuesday, May 7, 2013 - 7pm - Speakers: Dr. Pratap Chokka, MD, FRCPC and Dr. Ghalib Ahmed, MD

TLC: MAINTAIN AND IMPROVE YOUR STRESS LEVELS THROUGH THERAPEUTIC LIFESTYLE CHANGE

Wednesday, May 8, 2013 - 7pm - Speakers: Dr. Noëlle Liwski, Ph.D., Dr. Pratap Chokka, MD, FRCPC

GET BACK TO YOUR ROOTS: HOW CAN NATUROPATHIC MEDICINE HELP?

Thursday, May 9, 2013 - 7pm - Speakers: Dr. Baljit Khamba, ND, Dr. Pratap Chokka, MD, FRCPC

- Dr. Pratap Chokka, MD, FRCPC is CEO of the Chokka Center, and is a well-recognized researcher in the area of mental health. He is a Clinical Professor of Psychiatry at the University of Alberta.

Space is limited. To RSVP, please speak with our Medical Care Coordinator at 780-465-5749 or visit our website: www.chokkacenter.com

OUR PROGRAMS

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"SHOULD I SEEK ADVICE FROM A PROFESSIONAL?"

If you've asked yourself this question, you're not alone. Many people are seeking to improve their stress levels, deal with the "winter blues," or resolve uncomfortable relationship situations. If you need a trusted source for guidance and health information, we're here to help you navigate the many decisions you'll make in maintaining your health.

The Chokka Center Lecture Series is opening its doors to the public in honour of Canada's Mental Health Awareness Week, May 6–12, 2013. The health professionals you'll hear presenting are actively involved in current research and clinical practice, giving them a cutting-edge perspective on the best ways to maintain and improve mental health in Alberta.



CHOKKA CENTER
FOR INTEGRATIVE HEALTH

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Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

Play for all the marbles — or not



YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up \$10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another \$10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the \$10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of \$10 and risk no fur-

ther loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I

see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 \$1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Treasure hunting tips for the savvy yard sale shopper

Now that summer is here, garage sales and flea markets abound. But as you search for that perfect treasure, be sure to keep safety in mind.

Second-hand items, especially electronics, building supplies, appliances and helmets, may carry certain risks if they are damaged or used. If you are planning on holding a yard sale, check Health Canada's website for recent changes that state everyone holding a garage or yard sale is legally responsible for ensuring that products being sold are safe and meet current regulatory requirements.

CSA Group, a leading certification and testing organization, offers these safety tips for yard sale shoppers:

Second-hand items

- Avoid electrical or gas products if a label from a recognized certification organization such as CSA Group is missing. Look closely at the mark to ensure it matches the design and colour of certification marks from the same organization on other similar products.
- Check wiring and extension cords for wear and damage.



With garage sale season underway, don't forget some of these simple safety tips. NEWSCANADA

In particular, look for worn insulation and splices on the cord and loose or exposed parts on the plug.

• Avoid purchasing used bicycle, hockey or construction helmets as you don't know their history or what damage may be hidden from plain view.

Counterfeit or illegal goods

- Counterfeiters often use flea markets to peddle fake goods. Packaging on counterfeits is often poorly designed or has

only partial illustrations. Misspellings and unclear printing on products and labels may be another indicator of a fake product.

• Brand-name companies want you to know whose product you're buying, so look for a recognized name. Also look for return addresses or company contact information on packages.

• Check the "look and feel" of goods. Fake products often seem light and flimsy.

NEWS CANADA

NHL playoffs

Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Aron Asham both scored tiebreaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the Eastern Conference series, with Game 4 set for Wednesday night.

THE ASSOCIATED PRESS

NHL awards

Calder nominees announced

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The honour goes to the NHL's top rookie. The winner will be announced during the 2013 Stanley Cup final.

THE CANADIAN PRESS



Canadiens forward Brendan Gallagher was nominated for the Calder Trophy on Monday.

THE CANADIAN PRESS



Red Wings goalie Jimmy Howard makes a save on the Ducks' Ryan Getzlaf on Monday night in Detroit. GREGORY SHAMUS/GETTY IMAGES

Wings fly high past Ducks to even series

NHL playoffs.

Detroit prevails in overtime after pair of comebacks in third

The Detroit Red Wings earned another home game.

Damien Brunner scored with 4:50 left in overtime, lifting Detroit to a 3-2 series-evening win over the Anaheim Ducks on Monday night.

Detroit defenceman Jakub Kindl started the winning se-

Game 4

3

Red Wings

2

Ducks

quence, passing the puck from behind Detroit's net up the ice to Joakim Andersson. He tried to connect with teammate Gustav Nyquist only to have Hiller poke the puck away.

Brunner, playing in his first NHL season, was in perfect position in front of the net and swatted in the puck to end the game.

Game 5 is Wednesday night in Anaheim and Game 6 is back in the Motor City on Friday night.

During the Red Wings' run of playing in 22 straight post-seasons, they have won 11 of 19 series that were tied at 2-2.

Pavel Datsyuk scored a second tying goal for the Red Wings with 6:33 left in regulation. Brendan Smith made it

1-1 early in the third.

Matt Beleskey gave the Ducks their first lead 5:07 into the game and David Steckel put them ahead midway through the third period.

Hiller, who shut out Detroit in Game 3, stopped the first 32 shots and finished with 46 saves. Jimmy Howard had 31 saves for the Red Wings.

Detroit played with a sense of desperation, hoping not to face elimination on the road in Game 5.

THE ASSOCIATED PRESS

Bruins bring Leafs back down to Earth



James Reimer pulls Boston's fourth goal from his net during the Maple Leafs' 5-2 loss in Game 3 on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

The Leafs upped their shots and hits in Game 3 against the Boston Bruins. But their mistakes also went up.

That proved to be the difference Monday night as Boston took advantage to defeat Toronto 5-2 and regain the upper hand in their NHL playoff series.

"They made less mistakes than we did and their execution level was above ours," Toronto coach Randy Carlyle said in assessing the night.

"Mistakes just killed us tonight," echoed smooth-skating

Game 3

5

Bruins

2

Maple Leafs

defenceman Jake Gardiner, who scored his first-ever playoff goal.

The loss came before 19,746 amped-up fans inside the Air Canada Centre. Outside, a blue-

and-white throng watched the game on a big screen as playoff hockey returned to Toronto for the first time since 2004.

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston, a playoff-savvy squad which came out with an edge.

Phil Kessel accounted for the other Toronto goal.

THE CANADIAN PRESS

Gaydosh tips a couple back after going to Ticats

CFL. No. 1 draft pick heading to Hamilton unless NFL interest forces him south

It was shortly after 10 a.m. locally but still a good time for Linden Gaydosh to celebrate.

Moments after going first overall to the Hamilton Tiger-Cats in the CFL draft on Monday, the Calgary Dinos' rugged defensive lineman honoured the occasion by cracking open a cold one at his Peace River, Alta., home.

"(The celebration) is going very well," Gaydosh told reporters during a CFL conference call four hours later. "I've had a couple for sure."

"They're probably the best beers I've ever had."

Gaydosh's selection was hardly surprising.

The six-foot-three,

Quoted



"The NFL option is in my head and I don't want to close that door until I absolutely have to before I commit to the CFL."

Linden Gaydosh, the No. 1 pick in Monday's CFL draft. The Hamilton Tiger-Cats will have to wait for commitment from Gaydosh, who wants to exhaust his NFL options before putting his signature on a CFL deal.

314-pound Gaydosh was the third-ranked prospect, according to the CFL's scouting bureau, and impressed at the league combine in March with his raw power and athleticism. And with this year's shallow talent pool, Gaydosh's stock skyrocketed leading up to the draft with six of the seven top prospects either returning to school or garnering serious NFL interest.

That made Gaydosh a hot commodity as Ticats coach/GM Kent Austin said he entertained trade offers for the

No. 1 pick but none were to his liking.

"We didn't feel like the value was there and, in most cases, not even close," Austin said. "It didn't get very serious in our mind."

Especially, Austin said, considering what the Ticats figured they were getting in Gaydosh.

"He's very aggressive. He's very strong and very agile for his size," Austin said. "The guy really loves football and we want guys who love the game and will commit at a high level and, as they say,

Esks take Rams' Charles

The Edmonton Eskimos made their first pick to start off the second round and used it to take Regina Rams defensive lineman Stefan Charles at No. 10. The six-foot-five, 324-pound Charles was a bona-fide No. 1 overall prospect before signing with the Tennessee Titans.

- "We chose the best player available to us, as was our plan going into this draft," said Eskimos GM Ed Hervey. "We know we're going to have to wait awhile. He is physical, tough and plays with an edge. He has the attitude we want to reinforce to our football team."

pay the price to be great.

"I think Linden has those qualities." **THE CANADIAN PRESS**



Spurs ice Warriors in OT

Golden State Warriors forward Harrison Barnes goes up for a dunk as San Antonio Spurs power forward Tim Duncan defends during Game 1 of the NBA Western Conference semifinals series, Monday, in San Antonio. The Spurs won 129-127. **DARREN ABATE/THE ASSOCIATED PRESS**

MLB

J.P. caps Blue Jays' monster rally

J.P. Arencibia hit a two-out, two-run homer in the ninth inning off Fernando Rodney and the Toronto Blue Jays completed their comeback from a seven-run deficit, beating the Tampa Bay Rays 8-7 on Monday night.

Evan Longoria hit his third career grand slam, helping Tampa Bay build a 7-0 lead that Jeremy Hellickson and four Rays relievers failed to protect before a season-low crowd of 9,952 at Tropicana Field.

Colby Rasmus and Mark DeRosa also hit two-run homers for Toronto.

THE ASSOCIATED PRESS



Blue Jays outfielders Rajai Davis, from left, Jose Bautista and Colby Rasmus celebrate Monday's win in St. Petersburg, Fla. **GETTY IMAGES**

NBA playoffs. Bulls turn down Heat late to draw first blood in series

Nate Robinson scored 27 points, Jimmy Butler added 21 points and 14 rebounds while playing every second for the third straight game, and the Chicago Bulls stunned the Miami Heat 93-86 on Monday night to take Game 1 of their Eastern Conference semifinal series.

Trailing 86-83 with two minutes left, the Bulls scored the final 10 points of the game to beat the Heat once again.

Joakim Noah added 13 points, Taj Gibson had 12 and Marco Belinelli added 10 for Chicago, which snapped a 27-game Miami winning streak during the regular season, and handed the Heat their first loss in their last 13 games in this one.

LeBron James scored 24 points for Miami, which also got 14 from Dwyane Wade.

Game 2 is Wednesday night in Miami.

The Bulls were without Derrick Rose, as they've been all season. Kirk Hinrich was out again with a calf injury. Luol Deng isn't even expected to rejoin the team until Tuesday, after dealing with an illness apparently so severe that a spinal tap — and other tests



The Bulls' Carlos Boozer throws down a dunk Monday night. **LYNNE SLADKY/THE ASSOCIATED PRESS**

since — were needed to rule out things like meningitis.

And the group that was left gave the reigning NBA champions more than they could handle.

Coming off a Game 7 road win in Brooklyn two nights earlier just to get into a series with Miami, the Bulls set kept grinding. When Ray Allen made a 3-pointer to give Miami an 80-78 lead, Butler came back with one of his own to put the Bulls back on top. **THE ASSOCIATED PRESS**

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

Sunday's result

Pittsburgh 5 N.Y. Islanders 4 (OT)

Tuesday's game

Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)

Sunday's result

Ottawa 6 Montreal 1

Tuesday's game

Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-1)

Monday's result

N.Y. Rangers 4 Washington 3

Wednesday's game

Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Boston leads 2-1)

Monday's result

Boston 5 Toronto 2

Wednesday's game

Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1)

Sunday's result

Minnesota 3 Chicago 2 (OT)

Tuesday's game

Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Series tied 2-2)

Monday's result

Detroit 3 Anaheim 2 (OT)

Wednesday's game

Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 3-0)

Sunday's result

San Jose 5 Vancouver 2

Tuesday's game

Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)

Monday's result

St. Louis at Los Angeles

Wednesday's game

Los Angeles at St. Louis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	21	11	.656	—
New York	18	12	.600	2
Baltimore	19	13	.594	2
Tampa Bay	14	17	.452	6½
Toronto	12	21	.364	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	15	14	.517	3½
Minnesota	13	15	.464	5
Chicago	13	17	.433	6

WEST DIVISION

	W	L	Pct	GB
Texas	20	12	.625	—
Oakland	18	15	.545	2½
Seattle	15	18	.455	5½
Los Angeles	11	20	.355	8½
Houston	8	24	.250	12

Monday's results

Toronto 8 Tampa Bay 7

Chicago White Sox 2 Kansas City 1 (11 inn.)

Cleveland 7 Oakland 3

Boston 6 Minnesota 5 (11 inn.)

Tuesday's games

All times Eastern

Kansas City (Santana 3-1) at Baltimore

(Chen 2-3), 7:05 p.m.

Oakland (Milone 3-3) at Cleveland (McAlister 2-3), 7:05 p.m.

Minnesota (Diamond 2-2) at Boston

(Dempster 2-2), 7:10 p.m.

Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.

L.A. Angels (Wilson 3-0) at Houston

(Lyles 0-0), 8:10 p.m.

NATIONAL LEAGUE

Monday's results

Atlanta 7 Cincinnati 4

Chicago Cubs 9 Texas 2

Miami at San Diego

Arizona at L.A. Dodgers

Philadelphia at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)

(Chicago leads 1-0)

Monday's result

Chicago 93 Miami 86

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)

(Indiana leads 1-0)

Sunday's result

Indiana 102 New York 95

Tuesday's game

Indiana at New York, 7 p.m.

Saturday's game

New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0)

Sunday's result

Oklahoma City 93 Memphis 91

Tuesday's game

Memphis at Oklahoma City, 9:30 p.m.

Saturday's game

Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)

(Series tied 0-0)

Monday's result

Golden State at San Antonio

Wednesday's game

Golden State at San Antonio, 9:30 p.m.

Friday's game

San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results

Kansas City 4 Chivas USA 0

Houston 1 Los Angeles 0

Wednesday's games

All times Eastern

Houston at D.C., 7 p.m.

Montreal at New York, 7:30 p.m.

Salt Lake at New England, 8 p.m.

Seattle at Kansas City, 8:30 p.m.

Portland at Dallas, 9 p.m.

Toronto at San Jose, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

Taurus

April 21 - May 21

The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

Gemini

May 22 - June 21

Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

Cancer

June 22 - July 23

If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

Leo

July 24 - Aug. 23

You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

Virgo

Aug. 24 - Sept. 23

Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

Libra

Sept. 24 - Oct. 23

Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

Scorpio

Oct. 24 - Nov. 22

Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

Sagittarius

Nov. 23 - Dec. 21

Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

Capricorn

Dec. 22 - Jan. 20

Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

Aquarius

Jan. 21 - Feb. 19

Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

Pisces

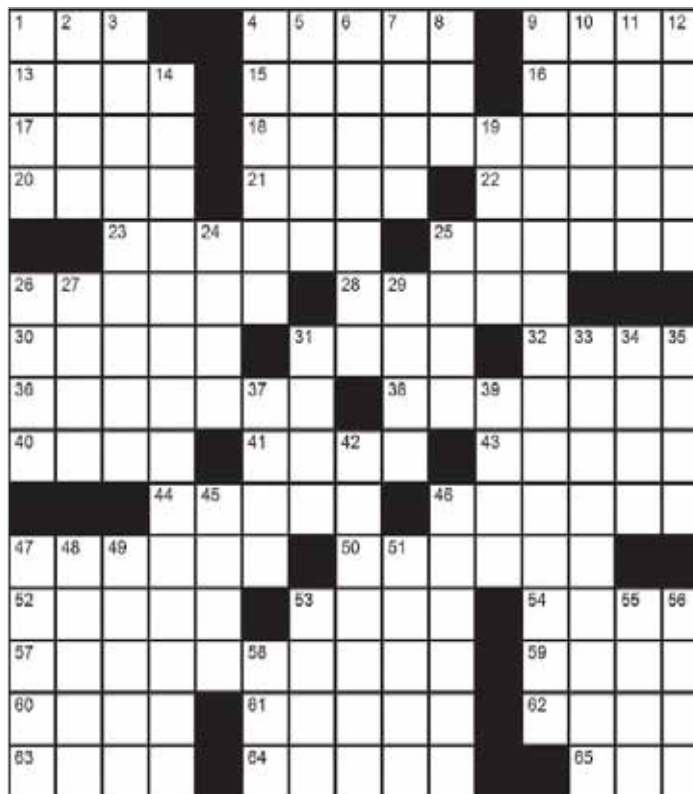
Feb. 20 - March 20

You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Quebec locale, ___Beauport
4. Hell
9. Immense
13. Awestruck
15. "___ be goin' now."
16. Sudbury landmark, ___ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen ___Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. ___ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden ___
41. Golds, in Spain
43. ___ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-___
46. Nuts
47. "Madonna: Truth ___" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job



60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment com-

pany, John ___
65. Montreal football players, to fans

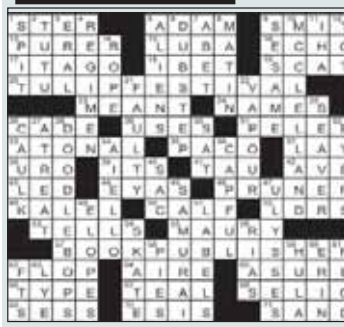
Down

1. Force in California's largest

- city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables

5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, ___com
8. Pou ___ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: ___'
10. Year's historic record
11. CSI part
12. "I Just Called ___ I Love You" by Stevie Wonder: 2 wds.
14. Inglis ___ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama ___"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of ___ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "___ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or ___?"
55. Montreal-born humourist, Mort ___
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword

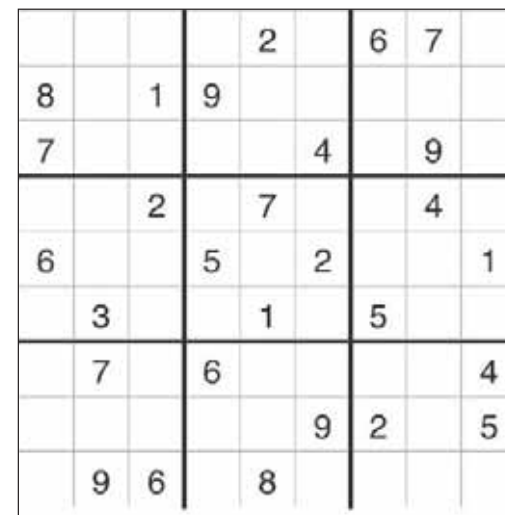


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 29°
MIN: 8°

WEDNESDAY



MAX: 12°
MIN: 8°

THURSDAY



MAX: 21°
MIN: 7°



MICHELE MCDUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
Millwoods Town Centre
Northgate Shopping Centre
South Edmonton Common
Southgate Centre
West Edmonton Mall

West End

9935 170th St. NW
10429 178th St. NW
14220 Yellowhead Trail NW
14903 118th Ave. NW

North

9410 137th Ave. NW
9624 165th Ave. NW
10642 82nd Ave. NW
12714 137th Ave. NW

South

1916 99th St. NW
1934 38th Ave. NW
4515 Gateway Blvd.
4909 99th St. NW
5912 104th St. NW
8710 51st Ave. NW
9518 Ellerslie Rd. SW
10309 34th Ave. NW
13034 50th St. NW

Leduc

5311 Discovery Way
5906 50th St.

Morinville

9918 100th St.

St. Albert

St. Albert Centre
20 Muir Dr.

Sherwood Park

Sherwood Park Mall
971 Ordze Rd.
975 Broadmoor Blvd.

Spruce Grove

Westland Market Mall
96 Campsite Rd.
141 Century Crossing

Fort Saskatchewan

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